



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 35134, Corn, dried (Navajo)

Report Date: May 31, 2017 03:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	8.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	386	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1616	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	9.88	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) <sup>1</sup>	g	5.22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash <sup>1</sup>	g	1.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	74.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Sugars, total <sup>1</sup>	g	5.38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sucrose <sup>1</sup>	g	3.38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose <sup>1</sup>	g	0.99	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch <sup>1</sup>	g	48.18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe <sup>1</sup>	mg	1.92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg <sup>1</sup>	mg	124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phosphorus, P <sup>1</sup>	mg	337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	511	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na <a href="#">1</a>	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn <a href="#">1</a>	mg	3.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu <a href="#">1</a>	mg	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn <a href="#">1</a>	mg	0.848	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin <a href="#">1</a>	mg	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">1</a>	mg	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin <a href="#">1</a>	mg	3.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid <a href="#">1</a>	mg	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.372	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total <sup>1</sup>	μg	77	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	μg	77	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma <sup>1</sup>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta <sup>1</sup>	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) <sup>1</sup>	μg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated	g	0.820	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 <a href="#">1</a>	g	0.655	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 <a href="#">1</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 <a href="#">1</a>	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 <a href="#">1</a>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 <a href="#">1</a>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	1.483	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated <a href="#">1</a>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated <a href="#">1</a>	g	1.458	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 <a href="#">1</a>	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	1.900	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated <a href="#">1</a>	g	1.831	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated <a href="#">1</a>	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

## Amino Acids

## Other

### Sources of Data

<sup>1</sup>*Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000*, 2000 Beltsville MD